



Weekly Inbox

29 July 2019 Issue 333

YOUR WEEKLY INBOX

The Weekly Inbox is produced by the Ipswich and East Suffolk Clinical Commissioning Group for circulation in your practice, to provide you with essential clinical guidance and useful support.

The key below indicates the intended audience of each article:

GP: General Practitioner
PM: Practice Manager
Ad: Administrative staff (including medical secretary, care navigator)
PN: Nurses (including HCA, Practice Nurse, Nurse Practitioner)
OC: Other clinicians (including ECP, Pharmacist, PA)

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FOR ACTION

OC GP PM Ad PN

1. Children Young People and Families Workforce Development Survey

Through the work to deliver the priorities within the [CYP Emotional Wellbeing Transformation Plan](#), the Workforce Development work stream (Chaired by Sharon Jarrett) has always been a key area. As we now move forwards and begin the work to transform our local emotional wellbeing and mental health services, we want to understand current levels of knowledge and identify those areas where we can target more in depth training.

To enable us to develop a training offer that is flexible to meet the various needs of our workforce (including young people, families, health, care and voluntary sector organisations) we would find it helpful if you could spare a few minutes to complete this survey:

<https://www.surveymonkey.co.uk/r/687Y9JD>

Please also share this email and link to the survey with your teams and other organisations. **The survey will close at noon on Wednesday 14 August 2019.**

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OC GP PM Ad PN

2. Public Health Suffolk – How Are You? Survey

Public Health Suffolk are launching a new campaign across Ipswich and East Suffolk promoting where to get advice to improve wellbeing and health. They have put together a survey to find out about what matters to people about their health and are looking to receive as many responses as possible by 1 September 2019. Please share the link below with your patients; follow the [survey](#) link to complete.

<https://www.smartsurvey.co.uk/s/HowareyouSuffolkprecampaignsurvey/>

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3. Valproate usage in women of childbearing age

IESCCG has published guidance for GPs on managing adult patients of childbearing age who are taking valproate. Searches have been set up on the clinical systems to help practice identify, review and seek advice and/or refer where required. For further information please refer to the guidance which can be found [here](#).

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4. Atrial Fibrillation

As part of the CCG's continued work on detecting and optimising patients with Atrial Fibrillation, a number of Alivecor AF devices are being used in primary and community settings. The purpose of these devices is to facilitate more opportune and timelier detection of AF. Two devices are now being used by the Suffolk Podiatry team to use in clinics to help identify those patients that have undiagnosed AF. If a patient is identified as having possible AF the Podiatry team will send the details securely through to the patient's registered GP practice using the generic email address to alert the practice to this finding.

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5. Annual Members meeting 2019

The CCG annual members meeting will take place during the Education and Training event on Wednesday 11 September 2019, 3.45-4.15 pm, at Trinity Park, Ipswich. The Agenda will include the Annual Review and Forward Plan with Q&A session. It is hoped that every practice will be represented at the meeting.

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6. Feet on the Street

On Tuesday 30 July between 10am to 12pm, Clinical Executive GPs and CCG staff will be out and about across East Suffolk in Ipswich, Leiston, Stowmarket, Woodbridge, Felixstowe and Hadleigh to explain to the public more about Social Prescribing and launching our new campaign around Over the Counter (OTC) drugs. Take a look at this week's chart of the week which shows latest OTC spend.

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7. Meet the MASH

We have an exciting opportunity for any interested practice staff to attend 'Meet the MASH' sessions specifically for Primary Care services. We will go through the role of the MASH, how processes work and consider some GP cases, how they moved through the MASH and their outcomes. We will finish with a Q&A session with a specialist MASH health professional.

It would be fantastic if we could have representation from each surgery to then share the learning back in practice. Please note that attendance at this session **counts towards Level 3 child safeguarding training** requirements.

The Ipswich dates will be held in the main conference room, Visitor Centre at Landmark House, Ipswich IP1 5PE

The Bury date will be in Conference room west (first floor) West Suffolk House. Bury St Edmunds. IP33 3SP. (Parking available in Olding road car park)

- Wednesday 11 September 3-5pm Landmark House, Ipswich
- Friday 13 September 2-4pm West Suffolk House, Bury St Edmunds
- Friday 8 November 9-11am Landmark House, Ipswich

To book a place please e mail Julie.purnell@suffolk.gov.uk if you require a parking space booking at Landmark House please include your car registration number. Parking is behind the main building.

Any questions please contact johannahutchings@nhs.net, Jo Hutchings Deputy Designate Nurse Safeguarding Children (CCG lead for Primary Care).

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8. PPG News

We are pleased to share our latest [PPG Newsletter](#) which was published last week and includes information about the NHS app and two interesting blogs from PPG Members.

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9. [Local Vacancies](#)

Please click the above link to see the current local GP and practice staff vacancies. If you have a vacancy to advertise on our website, please contact [Stuart Graham](#).

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EDUCATION & TRAINING

10. [Training, Education & Development Event dates for 2020-2021](#)

Please note the dates of our training and education afternoons for 2020-21, which have been agreed as below. All to be held at Trinity Park except July.

Thurs 2 April 2020	Wed 7 October
Wed 6 May (safeguarding)	Thurs 12 November
Wed 10 June	Wed 2 December
Thurs 9 July (no event at Trinity Park)	Thurs 11 February 2021
Thurs 10 September	Wed 10 Mar 2021

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11. [Musculoskeletal Primary Care E-Learning](#)

A Musculoskeletal (MSK) primary care e-learning programme has recently been launched to support clinicians working in primary care as first contact practitioners (FCP) in a primary care environment. The MSK core capabilities document, developed by Health Education England (HEE) and in collaboration with numerous national bodies, outlines the expected clinical capabilities that a competent clinician should be able to demonstrate when working as an FCP in primary care.

The package provides eight e-learning sessions that look to take the learner through a range of particular primary care issues that are commonly seen as part of an MSK FCP assessment. Each e-learning session takes approximately 20 to 30 minutes to complete and includes knowledge checks and self-assessments to enable the user to check progress throughout each course. The new resource can be used on smart phones, laptops and tablets and a record of progress will be recorded.

<https://www.e-lfh.org.uk/programmes/musculoskeletal-primary-care/>

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12. [Reminder: One Clinical Community: Ipswich and East Suffolk Nurse Leadership Development Programme 2019-2020](#)

Once again this year, the CCG are funding a leadership development programme for local nurses, starting in September 2019.

The programme is for nurses working in primary and secondary care who would like to produce practice solutions to health economy issues, achieve improvements in the quality of patients' experience and care, learn new tools and techniques and strengthen collaborative working. You can read more about what is involved and the format of the programme [HERE](#) and in the [Practice Nurse Newsletter](#). You will need to get support from your superior and complete an [application form](#). This should be completed and returned as soon as possible but definitely before **Friday 16 August 2019**. If you have any queries or would like an application pack emailed to you please contact [Louise Hardwick](#).

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13. [Suffolk and North East Essex Primary Care Training Hub \(PACT\)](#)

The training hub weekly newsletter is THE PLACE to find local training, education and workforce development for primary care.

Please follow the link to the latest [Training Hub Newsletter Issue 94 – 22 July 2019](#)

If you would like to sign-up to receive the newsletter directly each week or have any queries please email PACT@suffolkch.nhs.uk.

The Training Hub is working together with representatives from primary and community care services and training providers to address workforce and workload challenges to ensure that we have the right number of health and care professionals with the right skills to meet the evolving needs of local people.



Suffolk & North East Essex
Primary Care Training Hub

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DID YOU KNOW...?

14. Hand Hygiene Policy

Several studies have found that the wearing of a wrist-watch impedes good hand hygiene practice and leads to an increased bacterial load on both the wrist watch and the skin under the watch (Jeans, et al., 2010). A recent study found that wrist watches and in particular fitness watches e.g. Fitbit were found to be up to eight times dirtier than a toilet and 24% of those asked never cleaned their watches, with a further 20% only cleaning them every six months.

The World Health Organisation (WHO) state that a lack of or inadequate hand hygiene practice is considered to be a critical failure in the quality of care provided (WHO, 2017).

The National Institute for Health and Care Excellence (NICE) guidance recommends that healthcare workers should ensure that they are bare below the elbows and remove wrist and hand jewellery for the duration of clinical care (NICE, 2017).

[NHS National Hand Hygiene and Personal Protective Equipment Policy](#)

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CONTACT

15. Your views and feedback are very much appreciated. If you have any comments, suggestions or contributions for inclusion in The Weekly Inbox, [please email us](#).

If you work in general practice in Ipswich and east Suffolk and are not currently on the regular distribution list for the Weekly Inbox but would like to be, you can [sign up here](#).

For queries relating to contracts, please email IESCCG.gp-contract-queries@nhs.net with **Contracts** in the subject line.



Safeguarding Children is Everyone's Responsibility: news, guidance and resources can be found on the [CCG's Safeguarding Children webpage](#).

Please follow the link for **Safeguarding Adult** information [CCGs Safeguarding Adult webpage](#) and click [here](#) for local information

Useful links:

- [Bookmark the CCG website](#)
- [Latest news from the CCG](#)
- [Who's who in the Clinical Executive](#)
- [Useful links to NHS and other websites](#)
- [New to the area? Our Clinician Welcome Pack includes useful information](#)
- [Ipswich and East Suffolk Falls Directory](#)
- [Referrals, Briefings and Pathways](#)
- [Download Digital Campaign Resources](#)
- [NHS England](#)



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CHART OF THE WEEK

16. We are often asked for more comparative information to enable practices to know where they stand on a variety of indicators in comparison with other practices. Therefore, we publish a chart every week. Please [let us know](#) if there are any topics that you would find it useful for us to cover.

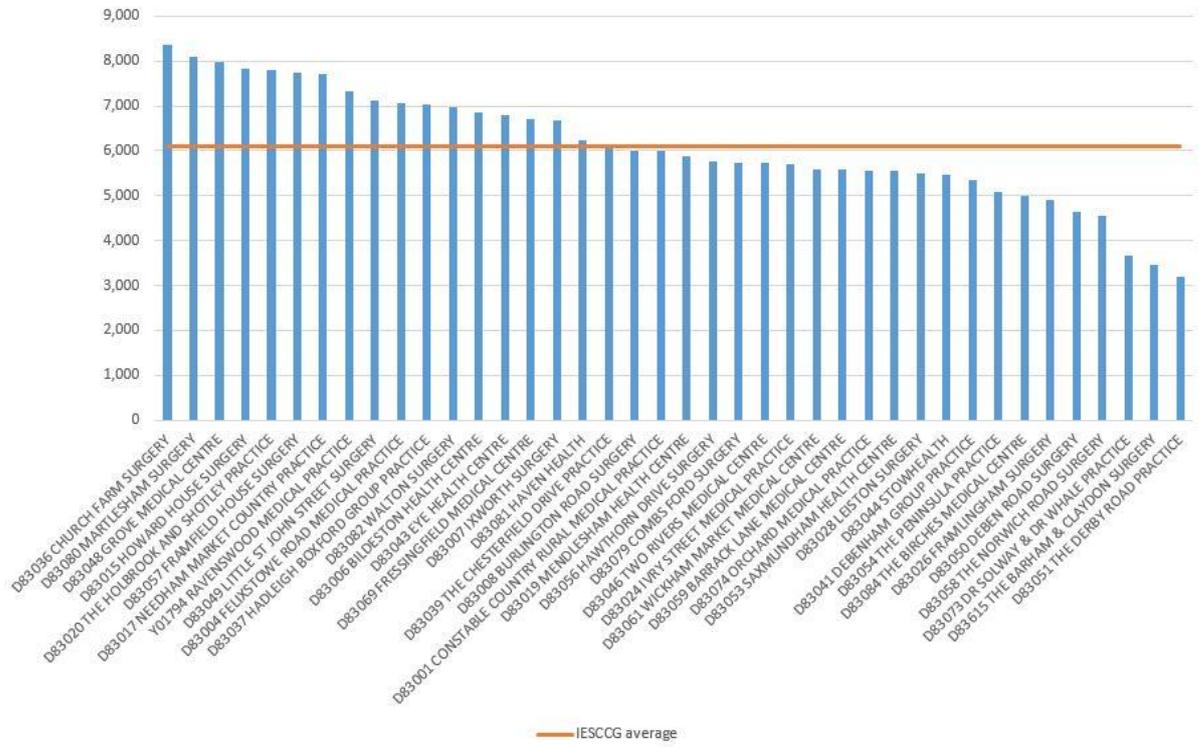
This week we are looking at Over the Counter Drug spend

TOP TIP:

IESCCG spent over £2.4 million between June 2018 and May 2019 on prescriptions for medications that could potential be purchased over the counter (OTC) from a pharmacy and other outlets such a supermarkets. The cost to the NHS for many of the items used are often higher than the prices for which they can be purchased over the counter. NHS England recommends that a prescription for treatment of a condition should not be routinely offered where a condition is self-limiting or is appropriate for self-care.

Medicines Management technicians have a protocol to allow them to identify suitable patients and switch them to self-care and the use of over the counter medication. For further information please contact your Medicines Management technician or contact a member of the team on 01473 770249.

IESCCG spend on medication that could potentially be purchased over the counter (OTC) per practice June 2018 to May 2019 (£/1000 patients)



[Click on chart to enlarge](#)

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